



**USC Glorya Kaufman
School of Dance
FEEL GOOD FRIDAYS WEEK 1**

Friday | August 21st | 2020

Feel Good Fridays!

Safe Spaces: Assessing your current dance space

We are all currently dancing in areas in which we are not used to moving in. It is important that you complete a quick assessment prior to each class to make sure that you are able to move to the fullest capacity. This is especially true when we change environments in our home or if we decide to be outdoors. Read more on the next page.

Quick Assessment

1. Perform a quick body scan to check in and see how you are feeling today.
2. Identify any potential risk in the area which you are taking classes.
3. What additional equipment do you need to be successful? Use your \$200 USC Kaufman stipend to purchase those items!
4. Can you see the instructor?
5. Can you hear the instructor?
6. Do you need to warm up more than what the instructor may take you through?





Safe Spaces: Assessing your current dance space

If you identify the risks in the space you are in, you can modify and potentially prevent injuries. Perform an assessment of your space. Take a video / picture and share it on social media and tag @usckaufman to show how you are adapting to classes at home!

1. Identify any potential risk in the area in which you are taking classes and exercising.
 - Is there enough physical room for you to move?
 - What objects are in the way that may limit your dancing? Can you move them?

Indoor Examples: Furniture, lamps, ceiling fans, objects on counter or walls, and pets

OR

Outdoor examples: Benches, trees, sticks, and litter
(Pick it up and throw it away, so you get to dance and help the environment!)
2. What components of class or choreography do you need to modify and what components can you dance full out?
3. What is the flooring material like?
 - Do you need to supplement your flooring for specific classes?

Examples: Yoga/Pilates mat, portable hardwood, and marley flooring

 - Is the floor level? Do you need to avoid a certain area where the floor is not level?
4. How is the lighting in the area? Can you add or remove lighting if necessary?
5. Can you change your shoes to improve your dancing, even though they may not be what you would typically wear in class?
6. Are there additional people nearby that may interrupt your artistic thought process?

(Think of creative ways to let other members of your household that know you are taking class to prevent unnecessary interruption.)
7. What additional equipment do you need to be successful?

Examples: Water bottle, towel, fan, earphones, laptop or projected screen, variety of shoes, foam roller, resistance bands, yoga mat, and portable floor

This quick checklist can ensure that the space in which you are dancing in is safe and effective.

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